

Wandsworth Drug and Alcohol Services January Bulletin 2021

'Psychology for Change – January intake 2021 is now open!

Psychology for Change is an online course delivered by our partner charity Foundation for Change. The course teaches and explores different theories and ideas drawn from psychology, philosophy and social history to help people in recovery make sense of their life experiences and understand why they may have made certain choices or done certain things. The course will run for two half days every Tuesday and Thursday over eight weeks starting on 26th January 2021. Individuals who previously attended the course found it 'Outstanding' and 'Life changing'. The course will also provide an opportunity to develop meaningful connections with others, gain confidence, practice healthier ways of engaging with the world and improve digital literacy while learning a bit about psychology. Reach out to your key worker if you would like to find out more about the course and application process. Please note the deadline to apply is on 13th January.

Want to Support Your Peers?

Online peer facilitation course:

This training course for people who have lived experience of homelessness, drug or alcohol, mental health, probation and recovery services.

Every Thursday, from 4th February – 18th March 2021

Training will be held on Google Meet. Join via video call or by dialling in (phone credit will be provided). We can support you with getting set up if you haven't used it before.

Getting to know the course, getting to know each other, communicating with confidence, assertiveness, confidentiality, safeguarding & boundaries, how to manage a group, practice your facilitation skills, learn to run group and facilitate discussions, build your skills and confidence.

Gain a Level 1 Qualification in Peer Facilitation

If you're interested in the course, please contact Emma Friend:

07834176623 / emma.friend@mungos.org

How to access support

*Telephone self-referral for assessment Battersea and Tooting
Mon, Tue, Thu, Fri 9.00am -11:30am*

*WCDAS Battersea: St. John's Therapy Centre, 162 St John's Hill, SW11 1SW. Tel: 0208 812 4120. **Thursday women only until 1pm.***

*WCDAS Tooting: 1079 Garratt Lane, London, SW17 0LN. Tel: 0203 228 8080. **Tuesday women only until 1pm.***

*Recovery Hub: Tel: 0207 501 2615
Day Programme: 0207 498 6149*

Workers linked to GP surgeries: Chatfield, Mayfield, Heathbridge, Battersea Fields, Putney Mead, Tudor Lodge, Bollingbrook, Lavender Hill, Danebury, Balham Park.

National Domestic Abuse Helpline: 0808 2000 247

Webchat: <https://www.wearewithyou.org.uk/help-and-advice/about-our-online-chat/>

'Making Every Contact Count'- Signposting to Better Health and Wellbeing - www.mecclink.co.uk

Have you suffered a bereavement?

An interactive session which will cover the topic and discussion of bereavement, loss and different forms of grief will be held online on the 25th January at 2pm. The session will explore the concept of loss and the meaning behind grief and bereavement and will examine how this affects people in different ways.

Please speak with your keyworker to book via the ETE team.

Moving on Up

In February 2021 the ETE team will be delivering their 6-week employability programme 'Moving on Up'. The course aims to provide you with the skills, mind-set & resources that you need to help you find work or volunteering opportunities. Via online delivery, MoU focuses on job search, CV development and interview preparation. There is a monetary incentive for those clients that complete all 6 weeks of the course.

Please speak with your keyworker.

Dry January

Dry January is the annual campaign ran by charity Alcohol Change UK to encourage people to give up or reduce their overall alcohol consumption for the month of January.

We would not advise anyone who is dependently drinking to make sudden changes to their alcohol use due to the risk of alcohol withdrawals; however it is a good time to consider making some positive changes in the New Year.

Why?

- To improve your relationship with alcohol overall
- Help take control over your own drinking
- Make positive changes to your physical and mental health
- Make positive changes to your social health
- Alcohol Change found last year 88% of participants saved money, 71% slept better and 58% lost weight

Changes anyone can make:

- Keep a drink diary
- Switch to a lower strength drink?
- Set yourself realistic and safe goals
- Be aware of the risks- if not speak with your local drug service or GP
- Talk to someone if you are concerned about your drinking
- Consider professional support from Drug & Alcohol Services

Here at WCDAS we offer a range of specialist support both within core treatment and wider recovery. If you are concerned about your drinking or would like to explore Dry January speak to a member of staff today. For more information about Dry January visit: <https://alcoholchange.org.uk>

National HIV Testing Week 2021

NHTW is a flagship annual event which is normally held in November ahead of World AIDS day however in light to COVID-19 this year has been rescheduled for February 1st-7th 2021

Aim

- To raise awareness of the disease and available support
- To promote testing among key populations
- To reduce the number of undiagnosed and those diagnosed late
- To promote the ease, convenience, and accessibility of HIV testing

Blood Borne Virus Testing (BBV)

- WCDAS offer a finger prick test to check BBV status
- We test for HIV, Hepatitis A, B and C
- Available to all clients currently open to WRCDAS
- We recommend this be completed annually or sooner should you be exposed to risk

We work alongside specialist services offering treatment and support with HIV as well as advice within our own service on managing risks associated with drug and alcohol use and we are keen to make BBV testing as available and simple here at WRCDAS to all our service users. If you have any questions or think you might be due a BBV test please speak to a member of staff today. For more information on the campaign please visit: <https://www.hivpreventionengland.org.uk>

I know it may seem that you lack self-esteem, and you don't want to show your confidence is low, but your so much better than you know, loyal loving beautiful and kind, strong and patient and perfectly refined, so cast out the clouds of doubt, and trust in love throughout, and your confidence will grow, the more you come to know, your perfect just as are, shining like the brightest star, you are a light in every way, and you brighten up and each everyday
Love Litany (volunteer)